



The Mental Health Association in Putnam County



**are sponsoring an Applied Suicide Intervention Skills Training – ASIST
for Persons of Faith**

ASIST is meant for gatekeepers. That is, people in the community who may come in contact with a person at risk, including but not limited to clergy, nurses, police officers, resident assistants, bartenders, librarians, security guards. *For this training lay (non-clinician) registrants are preferred.*

Suicide has a significant impact on our community: according to the Centers for Disease Control and Prevention, as of 2004 it was the *third* leading cause of death in the 10 to 24 year-old age group, and the *second* leading cause of death in the 25 to 34 year-old age group.

ASIST is Suicide First Aid. Just as a person trained in cardio-pulmonary resuscitation (CPR) can intervene if they observe a person in cardiac distress, so too can a person trained in ASIST intervene to assist a person at risk of suicide.

This evidence-based course is two full days in length, and certificates will only be awarded to those who complete the course. There are five learning sections:

1. **Preparing:** sets the tone, norms, and expectations of the learning experience.
2. **Connecting:** sensitizes participants to their own attitudes towards suicide. Creates an understanding of the impact which attitudes have on the intervention process.
3. **Understanding:** overviews the intervention needs of a person at risk. It focuses on providing participants with the knowledge and skills to recognize risk and develop safe-plans to reduce the risk of suicide.
4. **Assisting:** presents a model for effective suicide intervention. Participants develop their skills through observation and supervised simulation experiences in large and small groups.
5. **Networking:** generates information about resources in the local community. Promotes a commitment by participants to transform local resources into helping networks.

13 hours of training, over two days, plus meals, is (sponsored rate) of \$100 per person.

Registration is strictly limited to 40

Payment must be made prior to day 1 of workshop

**This training will be held on November 9th and 10th 2010 8:00 AM to 4:30 PM
in Brewster, NY; exact location for registrants only**

For Registration or Information please call Megan at 845-278-7600 ext 202

Or by e-mail at mcastellano@mhaputnam.org

For additional information on ASIST go to www.livingworks.net